

ANKYLOSING SPONDYLITIS GROUP



Group Exercise Program for Ankylosing Spondylitis



Rashid Buhari
Senior Physiotherapist
Dubai Bone & Joint Center

PROGRAM DETAILS	
Duration	40 minutes (max)
Group Nos	Maximum 5
Venue	Physiotherapy Department, Dubai Bone & Joint Center Dubai Healthcare City, Al Razi Bldg No. 64, Block F, 1 st Floor
Frequency	-3 times weekly for beginners for four weeks -Every Sunday, Tuesday and Thursday @4.45pm
Fee	-AED 1500 for 12 sessions

To reserve a place, please contact Sahar at 04 423 1453
or email at rashid.buhari@dbaj.ae

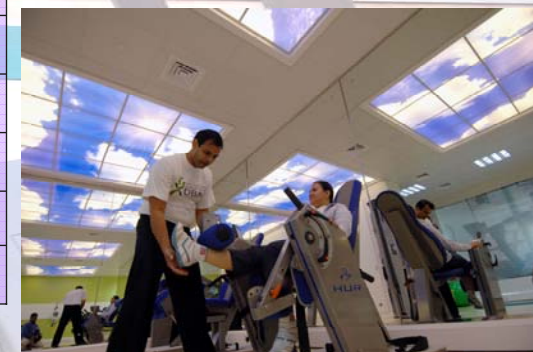


Humeira Badsha, MD
Consultant Rheumatologist – American
Board Certified
Dubai Bone & Joint Center

Training Modes

- Warm up
- Stretching (specific to AS cases)
- Strength training using low tech equipment (e.g. thera bands, thera tubes)
- Balance and coordination exercises (e.g. swiss ball, balance boards)
- Cardio vascular exercise by low impact aerobics
- Breathing exercises to improve chest expansion, Vo 2 max
- Cool down stretches

SCHEDULE		
Sunday	Tuesday	Thursday
Jan 25	Jan 27	Jan 29
Feb 01	Feb 03	Feb 05
Feb 08	Feb 10	Feb 12
Feb 15	Feb 17	Feb 19
TIME : 4.45 pm		



Physiotherapy Gymnasium